

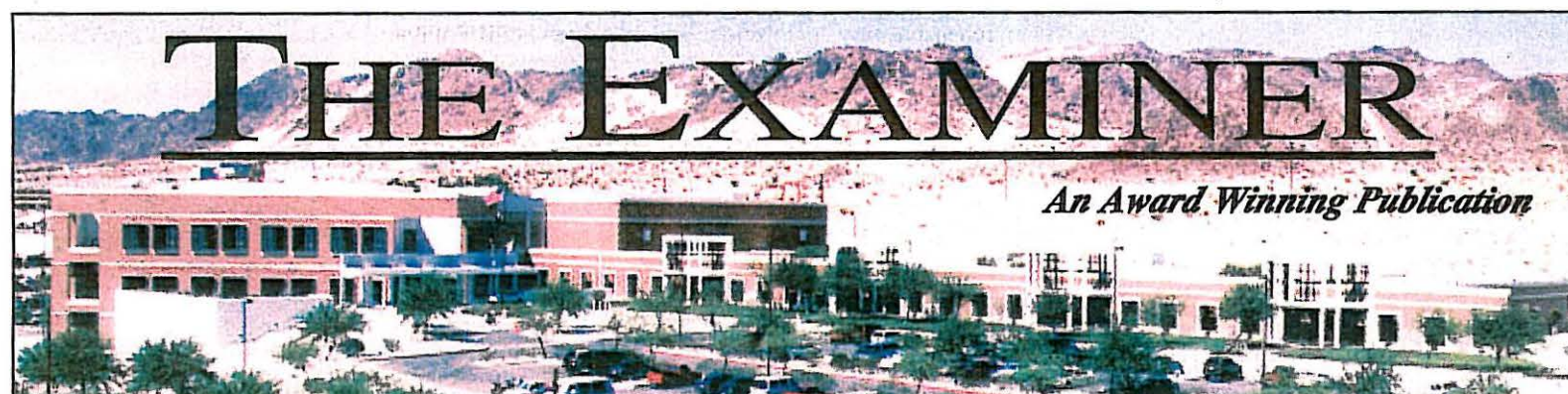
Happy Birthday Chief Petty Officers!

The Chief Petty Officer Rank was established on April 1, 1893



Robert E. Bush
Naval Hospital

Hospital
Change of Command
Friday, April 25th
9 a.m.
All are invited to
attend



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Change of Command at Robert E. Bush Naval Hospital



Captain Mark O. Boman

A traditional Navy Change of Command will take place April 25, at the Robert E. Bush Naval Hospital, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., where Captain Mark O. Boman, Medical Service Corps, will be relieved by the prospective Commanding Officer, Captain Don Cenon B. Albia, Medical Service Corps.

Captain Boman assumed command in August 2006, and will be transferring to the Navy

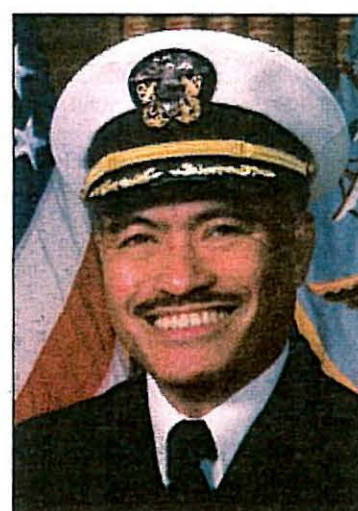
Bureau of Medicine and Surgery where he will serve as the Deputy Director, Navy Medical Service Corps.

Commissioned an Ensign in the Medical Service Corps in 1981 following four years of enlisted service as a Navy Hospital Corpsman, Boman was initially assigned to Naval Hospital, Oakland, Calif., where he served as Head, Manpower Management Department. Subsequent assignments included Administrative Officer, Navy Disease Vector Ecology and Control Center, Naval Air Station, Alameda, Calif.; Company Commander, Headquarters and Service Company, 1st Dental Battalion; Company Commander, Bravo Medical Company and Operations and Training Officer, 1st Medical Battalion, 1st Force Service Support Group, Camp Pendleton, Calif.; Administrative Officer and Training Officer, Field Medical Service School, Camp Pendleton, Calif.; Medical Placement Officer, Bureau of Naval Personnel, Washington, D.C.; Director for Hospital Administration, U.S. Naval Hospital, Rota, Spain;

Navy Medical Service Corps and Dental Corps Officer Community Manager, Deputy Chief of Naval Operations (N1) Washington, D.C.; Director, Officer Indoctrination School, Newport R.I.; Director for Administration, Naval Medical Center, San Diego, Calif.; Commanding Officer, Fleet Hospital Bremerton and Executive Officer, Naval Hospital, Bremerton, Wash.

Boman holds a Bachelor of Science Degree in Health Care Administration from San Diego State University and a Master of Science Degree in Human Resources Management and Development from Chapman University. He is a 1992 graduate of the Marine Corps Command and Staff College, Quantico, Va., and served as the European Theater Assistant Specialty Leader for Navy Medical Service Corps Health Care Administrators from 1995 to 1997.

Captain Boman is married to the former Kerry Maureen Flynn of Tarrytown, New York, a Board Certified Family Nurse Practitioner and Captain, Nurse Corps, USNR (Retired). They



Captain Don Cenon B. Albia

have one 21year old son, Robert, a student at San Diego State University.

The prospective Commanding Officer, Captain Don Cenon B. Albia, comes to the Robert E. Bush Naval Hospital as its ninth Commanding Officer, from a tour of duty as the Executive Officer, Naval Hospital Corpus Christi, Texas.

Albia was born and raised in Iriga City, Philippines. He

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Inside...

April is Sexual Assault Awareness Month. Sexual assault is: intentional sexual contact characterized by the use of force, physical threat, or abuse of authority or when the victim does not or cannot consent. *page 2*

Once again patients and staff at the Robert E. Bush Naval Hospital are taking detours around a brand new construction zone at the hospital. *page 3*

Ombudsman Corner
There are many ways to contact your Command Ombudsman! *page 4*

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April Is Sexual Assault Awareness Month

Stand Up Against Sexual Assault...Make A Difference

Martha Hunt, MA
Health Promotions Coordinator
Robert E. Bush Naval Hospital

April is Sexual Assault Awareness Month. Sexual assault is: intentional sexual contact characterized by the use of force, physical threat, or abuse of authority or when the victim does not or cannot consent. It may include: use of physical force, threat of force, coercion or intimidation. It can happen when the victim is asleep, incapacitated or unconscious. Sexual assault can occur without regard to gender, spousal relationship or age of the victim.

Most Sailors and Marines think that sexual assault could not happen to them. The truth is that it can happen to anyone at anytime. When it does happen, it can be a life changing event. When you are ready to begin the healing process consider talking to counselors who are trained in sexual assault. They can help you.

The first step for any victim who experiences sexual assault should be to report it! All active duty now have the option of making a restricted report. Restricted reporting allows a Sailor or Marine who is a sexual assault victim to confidentially disclose the details of his or her assault to specifically identified

individuals and to receive medical treatment and counseling, without triggering the investigative process.

Victims must acknowledge in writing their preference for restricted reporting. They must also state that they understand the exceptions that can apply to restricted reporting, and how this reporting may limit the ability of the government to prosecute the offender.

Sailors or Marines who are assaulted and desire restricted reporting under this policy should report the assault to the sexual assault response coordinator (SARC), victim advocate, healthcare provider, or Chaplain. Those who are deployed can also report to the deployed sexual assault response coordinator.

Healthcare providers will, with the consent of the victim, initiate appropriate care and treatment, and report the sexual assault to the SARC in lieu of reporting the assault to law enforcement or the chain of command. Additionally, at the victim's discretion, the healthcare provider, if appropriately trained and supervised, shall conduct a forensic medical examination, which may include the collection of evidence.

Remember, if sexual assault happens to you, it is not your fault. It happened because the offender chose to assault you. The Department of Defense

(DoD) remains committed to eliminating sexual assault from the ranks of the military.

Sexual assault is a crime. It inflicts incalculable harm on victims and their families; it tears at the very fabric of civilian and military communities; and it destroys trust among individuals and faith in our institutions.

Each Military Service now maintains a comprehensive victim support network on every major installation and vessel. Coordinating this effort are Sexual Assault Response Coordinators (SARC's). They serve as the single point of contact to coordinate sexual assault victim care and to track the

services provided from initial report of a sexual assault through disposition and resolution of the victim's healthcare and support service needs.

The policy also stipulates that Victim Advocates (VA's) provide 24/7 direct response to victims. They are not counselors, therapists, or investigators. Instead, VA's help the victim navigate the system and understand options and resources available. Advocate services normally continue as long as needed. For more information about DoD's Sexual Assault Prevention and Response Program and links to specific Military Service resources, visit www.sapr.mil.

Where Can I Get Help Locally?

- * Family Advocacy Program 830-6345
- * Military Police 830-6800
- * Sheriff's Office 367-9544
- * Base chaplain 830-6464
- * Naval Hospital Chaplain 830-2429
- * Prevention Education Services 830-4950
- * Domestic Violence Hotline 1(800) 339-7233
- * Children's Center for Victims of Trauma 366-2330
- * Morongo Basin Rape Crisis Center 366-1393
- * Violent Crimes Response Program 366-2166
- * 24 Hour Rape Crisis Line 1(800) 954-8044

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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April
15th
**FEDERAL
INCOME TAX
DEADLINE**

More Construction at Naval Hospital Twentynine Palms

By Dan Barber
Public Affairs Officer
Robert E. Bush Naval Hospital

Once again patients and staff at the Robert E. Bush Naval Hospital are taking detours around a brand new construction zone at the hospital.

This is necessary to expand the current Physical Therapy Department to provide the best possible care to patients.

Almost as soon as the hospital opened its doors in July 1993 this hospital has been in the process of evolving to bring ever better care to its patients.

In the mid 90's a decontamination shower was added outside the Emergency Medicine Department, and parking lots were paved and lighted behind the hospital and on Sturgis Road in front of the hospital for staff parking.

In 2000 the Laboratory Department was expanded to

bring better lab services to hospital beneficiaries. Then the Labor, Delivery, Recovery and Postpartum birthing suites were remodeled and professionally redecorated to bring a home-like atmosphere and better services for new and expanding families. This new suite was renamed "Desert Beginnings."

Since then the hospital has had the walls painted with fresh paint and new floor tiles, carpeting and new furniture installed in the hospital for a welcoming atmosphere for patients and staff.

Then most recently the Pharmacy Department was built out to help with a crowded storage area.

Now the Physical Therapy Department is undergoing a \$627,193 transformation to better bring physical therapy to patients.

In February work actually began on Phase one of the project which includes construction of a new 800 square foot exercise area and replacement of the two sets of double doors in the staff hallway.

Once this phase is complete, the expanded exercise area will be turned over to the hospital and physical therapy can continue in the new space.

After Phase one is complete which is planned for mid July, Phase two will start. This includes the installation of a check-in window to the right of the current entrance doors and a reconfiguration of the check-in area. During this time, the area will be closed off from the staff hallway to the PT entrance. Foot traffic will be diverted, through the ER waiting area to the exit doors.

Also during this phase construction of a new office and exam room, in the existing exercise area will take place and a new shower will be built in the old hydro room.

Everything is expected to be completed in Physical Therapy by the end of August.

The project was awarded to Fort Mojave Construction, Inc., from Needles, California.

TRICARE Tools Tame Tax Time

By Brian P. Smith
TriWest Healthcare Alliance

Tax season is no longer approaching; it's right outside, ringing the doorbell. Instead of digging through piles of paper, looking for last year's forms and receipts, you can find your TRICARE costs online. TriWest Healthcare Alliance, the TRICARE West Region contractor, has made available account and payment information just a click away for users registered at www.triwest.com.

Register Online

Registration is easy. Eligible beneficiaries can go to www.triwest.com and choose Log In on the home page. If you do not

already have an established account, follow the "Create an Account" link on the left of the page for a guided tour of the beneficiary registration process.

Account History

To help you track annual health care expenses, TriWest makes copies of your claims explanation of benefits (EOB) and your enrollment fee payments available online to view or print anytime.

When your account is registered at www.triwest.com, you can see each claims EOB and each enrollment fee payment you made during the year. Add the members of your family with TRICARE coverage to your account and they will be able to view this information as well.

The claims EOB will show TRICARE's coverage of your health care expenses as well as any amount that you were responsible for. The enrollment fee payment history will show the last 24 payments toward your TRICARE Prime enrollment fees or TRICARE Reserve Select premiums.

Users who log into their TriWest accounts will also be able to see a list of payments made toward your family's annual TRICARE Prime enrollment fee.

Qualified Medical Expenses

Did you know you that if you itemize your annual deductions, certain medical expenses may be eligible for deduction? The Department of the Treasury,

Internal Revenue Service (IRS) allows for certain medical expenses like the cost for equipment, supplies, and diagnostic devices, dental expenses, as well as fees for eye exams, eyeglasses, and contact lenses. Check with a tax professional for all allowable deductions.

Save Money

Helping members of the military serve their futures by saving money, the Department of Defense sponsors Military Saves Week, February 24 to March 1, 2008. That week, part of a nationwide America Saves initiative, is a time for U.S. military members and their families to learn about the importance of financial readiness. A resource kit is part of a "savings arsenal" available at www.militarysaves.org, where you can find advice about saving money and paying off debts.

Find Information

If you have questions about your tax return and supporting documentation, contact a tax advisor or visit a military base tax preparation center near you, if available. There are special tax provisions for members of the military -- go to www.irs.gov, click on "Individuals" along the top of the page and then follow the "Military" link for specific information.

For more information about your TriWest account, visit Beneficiary Services at www.triwest.com or call 1-888-TRI-WEST (874-9378).

TriWest Healthcare Alliance Makes Record-Setting Contribution to Help Wounded Sailors, Marines

Big Step Toward Navy-Marine Corps Ball Committee's \$1 million goal

Arlington, Va. (March 6, 2008) -- TriWest Healthcare Alliance made a record-setting contribution today to the 2008 Navy-Marine Corps Ball Committee, which jump starts the Committee's goal to raise \$1 million for the Navy-Marine Corps Relief Society to use in helping Sailors, Marines and their families.

TriWest, a regular contributor to the Navy-Marine Corps Relief Society, contributed \$150,000 -- three times more than the largest corporate contribution received by this annual ball. Proceeds from the ball will help fund the Society's programs, including their new Combat Casualty Assistance Visiting Nurses program.

"TriWest has really raised the bar with this precedent-setting charitable gift," said ball chairwoman Vivian Gardner. "My friends told me that setting a \$1 million goal was unrealistic, but with this significant donation, my confidence is growing."

The Ball Committee nearly doubled its fund-raising goal this year to meet the growing needs of wounded Sailors, Marines and their families.

Continued on page 6

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Super Stars



HM3 Jennifer Atkinson,
Pharmacy, receives a Toys for
Tots Letter of Appreciation.



Jackie Bowie, Housekeeping
Supervisor, receives a Letter of
Appreciation



HM3 John Burgess,
Emergency Medicine
Department, receives a Navy
and Marine Corps Achievement
Medal.



SKCS Francisco Diego,
Materials Management
Department, receives his fifth
Good Conduct Award.



HM3 Steven Escalante, Adult
Medical Care Clinic, receives
his first Good Conduct Award.



HM3 Ashley Groke, Emergency
Medicine Department, receives
a Toys for Tots Letter of
Appreciation.



HMSC Leroy James, Clinic
Services, receives a Navy and
Marine Corps Commendation
Medal and his Seventh Good
Conduct Award.



Captain Denise Johnson,
Director Nursing and Surgical
Services, receives a Toys for
Tots Letter of Appreciation.



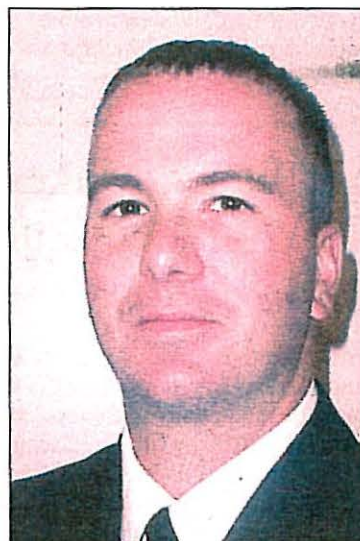
HM2 Jeremiah Lainer, Mental
Health, receives his fourth
Good Conduct Award.



CS2 Christopher Lowery,
Nutrition Management
Department, receives a Joint
Service Commendation Medal.



HM1 Daniel Magee, Preventive
Medicine Department, receives
a Toys for Tots Letter of
Appreciation.



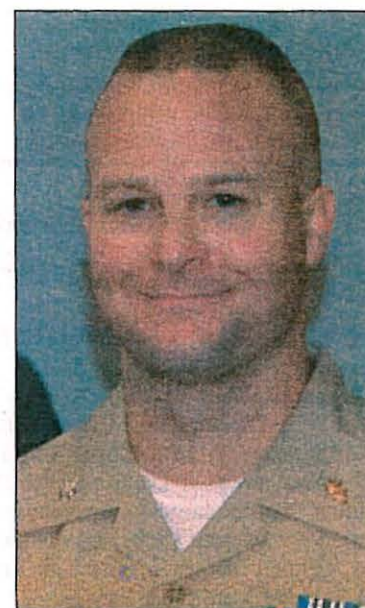
Lieutenant Michael Mero,
Nutrition Clinic, receives a
Toys for Tots Letter of
Appreciation.



Lieutenant Nicole Panos,
Health Care Operations,
receives a Toys for Tots Letter
of Appreciation.



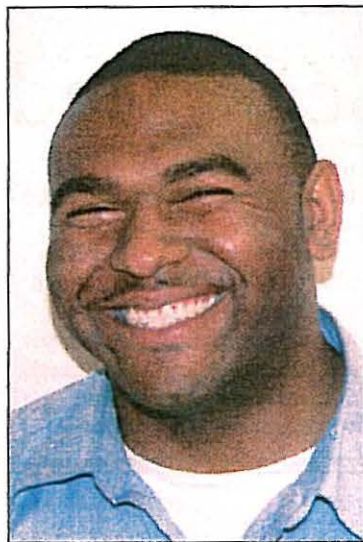
HM1 Michael Santos, Bio-Med
Equipment Repair, receives his
fifth Good Conduct Award.



Commander, Fredrik, Schmitz,
Physical Therapy, receives a
Meritorious Service Medal.



HM3 Cody Thornton, Laboratory Department, receives a Toys for Tots Letter of Appreciation.



HM1 David Toston, Preventive Medicine Department, receives a Toys for Tots Letter of Appreciation.



Lieutenant Michelle Westcott, Maternal Infant Nursing Department, receives a Toys for Tots Letter of Appreciation.



HN Kameryn Wallace, Primary Care Clinic, receives her first Good Conduct Award.



HM3 Rebeca Wolfe, Primary Care Clinic, receives a Navy and Marine Corps Achievement Medal.



Lieutenant Junior Grade Faith Underwood, OB Clinic, receives a Toys for Tots Letter of Appreciation.

Ombudsman Corner

There are many ways to contact your Command Ombudsman!

1. Leave a message on the Careline at 760-830-2716.
If you have a question or concern that is not an emergency.
2. Call the cell phone at 760-910-2050.
For questions or concerns that are more urgent or for a quick reply.
3. Send an email to lacy.richey@med.navy.mil
You can send requests for resources, local information, or questions.



As your Ombudsman, I am here for you and have direct and immediate access to the Commanding Officer and the Command Master Chief, Naval Hospital, Twentynine Palms for matters requiring their involvement or help.

Are you looking for an activity for the weekend, a place to visit while you're in Southern California, a vehicle repair shop, scholarships for school, counseling services? Whatever you need to find, I can help!

I am a confidential resource for you, and am obligated to report life-threatening situations to the command. Rest assured, though, NO information shared with me is ever made public knowledge.

Resource of the Month:

MilitaryOneSource

www.militaryonesource.com

1.800.342.9647

* Can be accessed 24 hours a day by phone or web and has interpretation and translations available for over 150 languages.

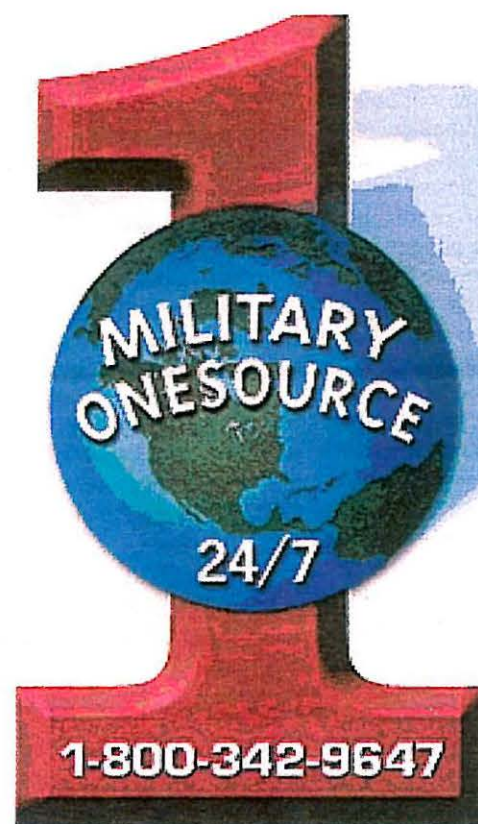
* Resources are available for Relocation, Financial, Area Resources, Elder Care, Deployment, Counseling, Military Life & More.

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How Do You Decide When to Seek Medical Care

By Dan Barber
Public Affairs Officer
Robert E. Bush Naval Hospital

Anytime you have an immediate life-threatening medical problem you should call 911.

Our medical staff here at the Robert E. Bush Naval Hospital would rather have the patients err on the side of caution with the realization that when they arrive at our Emergency Medicine Department that our professional staff will assess the medical condition with a process called Triage. If your condition warrants it, immediate medical attention will be given. However, if the medical staff determines that your condition is not life-threatening you may have to wait before treatment is rendered, while patients with unstable illnesses or injury are taken care of first. On occasion you may have to wait for several hours to be taken care of.

This process is necessary in every emergency room where medical care is never given on a first-come first-served basis.

If you wake up one morning feeling ill, you can call the hospital's appointment number at 830-2752 to obtain a same day appointment. A scheduled appointment minimizes waiting time that would typically be

experienced with an emergency room visit. In addition, before you leave the clinic you can book any necessary follow up appointments the clerk at the front desk of the clinic you are visiting or by calling 830-2752.

If your symptoms are not severe enough to prompt your seeking an appointment, the

Each family member will be eligible to receive a maximum of four different items in a three-month period. These medications will be entered into each person's computer prescription record to screen for allergies, overlap medications and duplications.

A request from must be com-

within 48 hours, you should seek advice from a medical professional.

This program is designed to offer access to many common cough and cold, sore throat, fever, headache, stomach upset and minor gynecological conditions that are listed below:

* Acetaminophen (Tylenol)

syrup

* Guaifenesin w/ dextromethorphan (Robitussin DM) syrup

* Saline nasal spray/drops

* Cepacol throat lozenges

* Maalox (regular) 5 ounce bottle

* Clotrimazole (Gyne-Lotrimin) 1 percent vaginal cream (not for the patient's first yeast infection and only one issue every 6 months)

If you have a question to ask of a medical provider, you can call Out Patient Services at 830-2752 between the hours of 7:30 a.m. to 4 p.m., and a telephone consult will be generated to a doctor. Your provider will return your call within 48 hours. After 4 p.m., weekdays and anytime on weekends or holidays, you can call the hospital Quarterdeck at 830-2190, and the duty medical officer will be contacted to return your call.

The staff of the Robert E. Bush is dedicated to providing you the best medical care possible regardless of how you access that care.

...If you wake up one morning feeling ill, you can call the hospital's appointment number at 830-2752 to obtain a same day appointment...

Naval Hospital offers an Over-the-Counter (OTC) medication dispensing program for your convenience. OTC medications may be obtained for family members between the ages of two and 18 only by a parent or guardian. Patients who are not eligible to receive OTC medications are pregnant or breastfeeding mothers, children less than two years old, and those who are currently in flight status or in the Personal Reliability Program.

All patients must have a valid military identification card in their possession at the time of dispensing.

pleted which includes a brief question-and-answer assessment of your medical conditions and current medications you are taking. You will receive a handout discussing the proper use, dosages, cautions and side effects associated with the medications you request and receive. If your medical condition does not improve or if it worsens

325mg tablets & elixir

* Ibuprofen (Motrin) 200mg tablets & suspension

* Diphenhydramine (Benadryl) capsules & elixir

* Pseudoephedrine (Sudafed) tablets & syrup

* Triprolidine w/ pseudoephedrine (Actifed) tablets & elixir

* Guaifenesin (Robitussin)

TriWest Healthcare Alliance...

Continued from page 3

"We at TriWest are privileged to serve those who are serving us and sacrificing for us in defense of our nation," said TriWest Healthcare Alliance President and CEO David J. McIntyre, Jr. "We admire the Ball Committee's ambitious goal and the fine work accomplished by the Navy-Marine Corps Relief Society. We are honored to do our part."

TriWest, which administers the military's health care plan, TRICARE in 21 western states, has seen firsthand the valuable work performed by the Society's Combat Casualty Assistance Visiting Nurses, said Society President Steve Abbot.

"We are deeply grateful for the confidence reflected in this most generous contribution which continues TriWest's longstanding support of the Society," Abbot said. "During 2007, Navy-Marine Corps Relief Society helped 1,035 Marines and Sailors injured in Iraq, Afghanistan and at sea in the Arabian Gulf, and their families, and our combat casualty registered nurses will continue to follow them through their long-term rehabilitation. This contribution will help immensely."

About TriWest

TriWest Healthcare Alliance partners with the Department of Defense to do "Whatever It Takes" to support the health care needs of 2.9 million members of America's military family. A Phoenix-based corporation, TriWest provides access to cost-effective, high-quality health care in the 21-state TRICARE West Region, the 2007 TRICARE Region of the year. TriWest is a proud Corporate Team Member of America Supports You. Visit www.triwest.com for more information.

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TRICARE Offers Many Ways to Help Beneficiaries Get Health Care Information

By Ms. Patricia Opong-Brown
TRICARE Management Activity

FALLS CHURCH, Va. -- How do TRICARE beneficiaries access information about their benefits? TRI-CARE Management Activity (TMA) officials want to remind beneficiaries there are many available resources.

"It is a high priority for us to make sure beneficiaries know they have several ways to get information on their TRICARE benefit as well as assistance," said Army Major General Elder Granger, Deputy Director, TMA.

The "first line of defense" for benefit information should always be the regional managed care support contractor (MCSC) toll-free numbers, but TRICARE Service Centers (TSCs) are a great option for beneficiaries who want up-close-and-personal service.

TSC representatives are available to assist beneficiaries with enrollments, finding TRICARE network providers, referrals and authorizations, claims, and much more on a walk-in basis. Most TSCs are located inside, or in close proximity to, military treatment facilities (MTFs) and are managed in the U.S. by the MCSCs.

TSCs are also located throughout the world. In Europe, the Pacific, Latin America and Canada, TSCs are contracted by the TRI-CARE Area Offices -- which are additional resources for beneficiary assistance overseas.

After beneficiaries have already sought assistance from the regional toll-free

lines or at a TSC, another resource is a Beneficiary Counseling and Assistance

About TriWest

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Coordinator (BCAC).

There are nearly 900 BCACs around the world and they wear many hats. Serving at each TRICARE Regional Office and most MTFs, BCACs can help beneficiaries with a range of needs, including answering questions about medical coverage and benefits, coordinating with regional contractors

on health care-related issues, and much more.

To get assistance with TRI-CARE questions, beneficiaries should first contact their region or area offices toll-free at:

Health Net Federal Services, LLC (North Region), (877) 874-2273

Humana Military Healthcare Services, Inc. (South Region), (800) 444-5445

TriWest Healthcare Alliance (West Region), (888) 874-9378

TRICARE Overseas (Europe, Pacific, Latin America and Canada), (888) 777-8343 (toll-free from the U.S. and its territories)

Beneficiaries can find their nearest TSC by logging onto tricare.mil/contactus/. To find a nearby BCAC, log on to www.tricare.mil/bcacd-ca/.

Change of Command...

enlisted in the United States Navy in May 1974 at U.S. Naval Base, Subic Bay, Philippines.

After boot camp in San Diego, he served as a deck seaman on board the USS RICHARD L. PAGE (FFG-5) which was homeported in Athens, Greece. In January 1976, he attended Hospital Corps "A" School, Great Lakes, Ill. He was subsequently transferred to Naval Regional Medical Center, Portsmouth in April 1976. He worked in the Delivery Room and later was accepted to the Radiology Technologist "C" School. After graduation, he was transferred to Naval Regional Medical Center, Philadelphia in March 1979 where he served as a staff technologist until 1982. Captain Albia's next tour was with the Fleet Marine Force at Camp Pendleton from 1982 to 1985. While there, he attended Southern Illinois University's extension program and was advanced to Chief Hospital Corpsman.

After earning his master's degree in health services management from Webster University, he was commissioned as a Medical Service Corps Officer in the United States Navy in March 1986.

Upon commissioning, Albia became the Inspector-Instructor for "E" Company, Fourth Force Service Support Group, Knoxville, Tenn. He transferred to Naval Hospital, Patuxent River in July 1989 and served as Head, Operating Management Department. From May 1992 to June 1994, he assumed the duties as the Medical Administrative Officer aboard the USS WASP (LHD-1); Albia then transferred to Naval Hospital, Charleston and served as the Head, Patient Administration Department; in June 1997, he took over as Head, Naval Weapons Station Branch Medical Clinic; he then assumed the duty as Director for Administration, Naval Dental Center, Parris Island in June 1998; from June 2001 to June 2004, he served as Officer in Charge, Branch Medical Clinic Iwakuni, Japan. After his overseas tour, he became the Officer in Charge, Naval Branch Health Clinic Mayport on 23 July 2004; he recently completed a successful tour of duty as Executive Officer, Naval Hospital Corpus Christi, Texas.

Albia is board certified in healthcare management by the American College of Healthcare Executives (ACHE). He was conferred Fellow status with the American College of Healthcare Executives in March 2001.

Captain Albia is married to Commander Mary Jane Johnson, Medical Service Corps, United States Navy Reserves. They have six children: Kristine, 26, Katherine, 25, Donovan, 22, Nathaniel, 20, Benjamin, 17, and Nicholas, 15.

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